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BLOCTOBERFEST IV ROCKS THE EPICENTRE!

It was awesome weather on October 2, 2010, and the energy was high for BLOCtoberfest IV held at the EpiCentre in Uptown.

Huge kudos to Courtney Colosi and the amazing team of CIC committee members and volunteers who made it happen. And, of course to those who came out to rock!

Here's the wrap up:

- Bands:** The Dune Dogs (Headliner)
Lyra Shines
Matone
Beer & Black
- Monies:** Over \$6800 raised for our charities
(The most \$ we've ever raised for a BLOCtoberfest event!)
- Charities:** Thompson Child & Family Focus
Kreitzer's Critter Corral / Puppy Rescue



THANK YOU BLOCTOBERFEST IV SPONSORS!

ATCOM Business Telecom Solutions		
HF Financial		
Allstate Insurance		
Best-In-Tech	Hatcher Law Group	Bookkeeping
DEZINZcreative	BB&T	On-Demand Inc
Women's	My Dentists	Hibiscus Graphix
Automotive Solutions	E-dreamz	AdviCoach
Wilmar	Badin Inn	John Street Graphics
In Good Company -	SouthEnd Dentistry	704Events.com
Pet Sitting	Firehouse DJ Co	Get Visual!
CCI		Skeonation.com
Circle K		RockHouse Events
Design Incentives		SocialFlockers.com
Suntrust		

BLOC-n-BOWL CHARITY EVENT EXCEEDS EXPECTATIONS



The annual gift giving event blew away all expectations - our organization was able to have a fun event and to help 12 families in need with a whopping \$12,865 raised! Families were selected and gifts were purchased, wrapped and delivered in December by you, BLOC members who volunteered your time and talents to help make this event a success. Our extra wrapping paper was donated to CMPD to support their adoption of 50 underprivileged children in our community.



BLOC-n-Bowl Event Awards:

- | | |
|---------------------------|-------------------------------------|
| \$ Raised | 1st Place Bowler |
| By An Individual | <i>John Meyer</i> |
| 1st Place | 2nd Place Bowler |
| <i>Ryan Donaghy</i> | <i>John Bly</i> |
| \$1999.43 | Top Female Bowler |
| 2nd Place | <i>Erin Finke</i> |
| <i>Helen Beach</i> | 1st Place Bowling Team |
| \$1849.00 | <i>E Dreamz</i> |
| 3rd Place | 2nd Place Bowling Team |
| <i>Mike Waite</i> | <i>Big Delicious</i> |
| \$1410.00 | 3rd Place Bowling Team |
| Team Money Raised | <i>Pay Xtra For That Pin Action</i> |
| 1st Place | Lowest Individual Score |
| <i>Team Big Delicious</i> | <i>Andrew Floyd</i> |
| \$4,378.18 | Lowest Team Score |
| 2nd Place | <i>Livin' On A Spare</i> |
| <i>Spare Me</i> | |
| \$1849.00 | |
| 3rd Place | |
| <i>Pay Xtra For</i> | |
| <i>That Pin Action</i> | |
| \$1310.00 | |

MESSAGE FROM THE PRESIDENT

BY H. SCOTT DONAGHY

Many folks consider joining a networking group based on the business they can get out of it. Recently I considered the bigger picture; what vendors provide for me within the groups of which I am a member?

Currently I am a member of two networking groups; BLOC and the Matthews Executive Group (MEG, megsite.org.) Within those two groups the following people are also members: My lawyer, my financial planner, my auto salesperson, my printer, my telecom provider, my accountant, my office furniture provider, my mortgage broker, my apparel salesperson, my ad specialty provider, my banker, my bookkeeper, my... Well, you get the point.

I trust every one of those individuals. I also believe they trust me as many of them have my company, Bestintech, handle their computer networking needs. However, in most

cases, when I hired them they were not clients of mine. I just wanted someone I trusted to work with and they earned that over the time we spent together as fellow members of BLOC and MEG.



H. Scott Donaghy,
BLOC president

Such is the beauty of BLOC... To provide a portal to other professionals that can assist you in your business and personal life. I "get out of" these groups what I "put into" them. I hope you do the same and that 2011 will be the year that you give - and receive - more.

Happy Holidays!

GOT A HEADACHE?

BY DR. S. GLENN JAFFE

If you do, you're not alone. Nine out of ten Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea.

What do you do when you suffer from a pounding headache? Do you grit your teeth? Lie down? Pop a pill and hope the pain goes away? Why does it come back? There is a better alternative. Research shows that gentle spinal manipulation – the primary form of care provided by doctors of chiropractic – may be an effective treatment option for tension headaches and headaches that originate in the neck.

Headache Types and Causes

Ninety-five percent of headaches are primary headaches:

- Tension
- Migraine
- Cluster

These headaches are not caused by disease - the headache itself is the issue.

Most of these headaches are associated with muscle tension in the neck which causes pressure on the nerves that go to your head. This happens because of:

- Prolonged poor posture, usually at a computer or while standing
- Repetitive motion
- A sedentary lifestyle

All of these increase muscle tension in the neck, upper back and scalp, causing your head to ache.

Chiropractic Options

After a chiropractor has decided that your type of headache can be helped, he or she will use:

- Safe, gentle chiropractic adjustments to improve spinal alignment, taking pressure off of inflamed nerves
- Utilize therapies, like Acupuncture, to promote the healing process
- Recommend postural changes and exercises

Chiropractic has a long history of being a highly effective treatment for headaches. Seek out a doctor who utilizes a combination of therapies for even greater results. Talk to the doctor's patients, and you will find people who are satisfied with the results from chiropractic. With a 92% success rate, chiropractic should be your next option for treatment of headaches.

S. Glenn Jaffe, D.C., FASA, in private practice in Charlotte, NC, is certified in Acupuncture. Please visit www.jaffe-chiropractic.com for more information on his practice, Jaffe Chiropractic Clinic.

GET²KNOW BLOC MEMBER: ANNA SMITH

BLOC Member since 2003
(Currently in BLOC-SouthPark)

Nickname:

Anna Bananas

Always Wanted To Be:

A Dancer

Education/Background:

Kings College - Graphic Design

Hobbies:

Yoga & Designing (I love what I do!)

Favorite TV Show:

So You Think You Can Dance

Big News: Got engaged on July 3, 2010

Favorite Quote: "I can change. I can live out my imagination instead of my memory. I can tie myself to my limitless potential instead of my limiting past." (Stephen Covey)

Favorite BLOC Moments: Last Year's lake Party, if you were there then you know why.



Anna Smith

ADD THESE DATES TO YOUR CALENDAR!

BLOC-SouthPark	2nd Tuesday of each month
BLOC-Ballantyne	2nd Wednesday of each month
BLOC-Uptown	2nd Thursday of each month
BLOC-Matthews	2nd Thursday of each month
BLOC-North	2nd Friday of each month

Nov 16	Tuesday Topics Event
Nov 24	After Hours Event
Dec 4	BLOC-n-Bowl / CIC Event
Dec 11	Holiday Party
Dec 18	Gift Delivery (BLOC-n-Bowl)
Jan 18	Tuesday Topics Event
Jan 26	After Hours Event
Feb 2	BLOC Social - Karaoke
Feb 15	Tuesday Topics
Feb 23	After Hours Event

LATER IN THE YEAR...

May 6	BLOC Charity Golf Tournament
Oct 1	BLOCtoberfest V
Dec 3	BLOC-n-Bowl Charity Event

ASK THE EXPERT - Q&A: COURTNEY COLOSI, SHERPA LLC

Question:

Why would I work with a recruiter as a candidate - can't I just find a job on my own?

Answer:

- Recruiters give you a voice in your job search. It helps avoid sending your resume into the "black hole." We have direct access to hiring managers.
- Access to job opportunities that are not listed for public knowledge. Companies come to agencies to help out with their roles that need to be replaced confidentially. There would be no way for a candidate to find out about this opportunity on their own.
- Your search is always confidential!
- We do the negotiating for you.
- Resumé and interview guidance
- Streamlines your job search
- You get feedback on your interview and resume

Why should a company work with an agency when searching for their next new hire? Ask me!
704.374.0001 - Courtney Colosi



ANNOUNCING THE 2010-11 BOARD & NEWEST BLOC CHAPTER

Beginning in January 2010, a new Matthews chapter of Business Leaders of Charlotte is launching. For more information on this chapter, contact Pam Decker at 704.847.0294.

- | | |
|--------------------------|---------------------------|
| President: | <i>Scott Donaghy</i> |
| VP: | <i>Liz Kunz</i> |
| CIC: | <i>Courtney Colosi</i> |
| Marketing: | <i>Angus Lamond</i> |
| Treasurer: | <i>Myra McNeely</i> |
| After Hours: | <i>Steve Shober</i> |
| Director BLOC-B: | <i>Michael Barnes</i> |
| Asst Dir BLOC-B: | <i>John Massachi</i> |
| Co-Dir BLOC-M: | <i>Pam Decker</i> |
| Co-Dir BLOC-M: | <i>Myra McNeely</i> |
| Co-Dir BLOC-N: | <i>Eric Beyer</i> |
| Co-Dir BLOC-N: | <i>Liana Mathaney</i> |
| Director BLOC-SP: | <i>Michael Waite</i> |
| Asst Dir BLOC-SP: | <i>Julie Tache</i> |
| Director BLOC-U: | <i>Ryan Donaghy</i> |
| Asst Dir BLOC-U: | <i>Justin Lowenberger</i> |

MEMBER AWARDS & RECOGNITION AROUND THE BLOC, AUGUST - NOVEMBER 2010

BLOC-U member **Courtney Colosi**, an Accounting and Finance Recruiting Manager at Sherpa, was honored as a winner of Charlotte's Top 30 Under 30 presented by Elevate Lifestyle.

BLOC-SP member **Nicole H. Sodoma** with Sodoma Law, P.C. was recently named one of 2010 Movers & Shakers by North Carolina Business Leader Media.

Essential Therapy turns 5!
BLOC-U member **Laura Murphy**, Founder and Massage Therapist and BLOC-SP member **Becca Bazzle**, Massage Therapist celebrate the 5th Anniversary of Essential Therapy in Charlotte.

BLOC-B member **Jim Hanley**, with Sunbelt Business Brokers of Charlotte, has been awarded the Certified Business Intermediary (CBI) designation, by the International Business Brokers Association.

BLOC-SP member **Matt Coben**, with Thunder Road Brandworks, participated in the Annual Beards BeCause event as one of the "growers" continuing his efforts to help raise money and awareness for the fight against Domestic Violence.

BLOC-N member, **Pam Decker** with SunTrust bank, would like to share that SunTrust Bank has been named Best Small Business Bank by J.D. Power and Associates.

BLOC-U member, **Wendy Shanahan** with Asterisk Creative, has been named one of 2010 Movers & Shakers by Business Leader Media and has been appointed to the Board of Directors for Shelter Health Services.

New BLOC-N member **Virginia Faircloth** with Asterisk Creative would like to announce the launch of the following client websites: Strassberg Ceramics at strassbergceramics.com, McIntosh Law Firm at mcintoshlawfirm.com and davidsontraillawyers.com, and the Bradford Clinic at bradfordclinic.com.

BLOC-N member **Kevin Dvorscak** with Asterisk Creative is proud to announce that Asterisk Creative is the winner of a BMA Carolinas Pro Ad for audio visual presentation!

BLOC-U member **Dr. Bradford Picot** and SouthEnd Dentistry celebrated their first year in business September 17, 2010. southendsmiles.com

Carolina Office Solutions was selected out of numerous small businesses applicants to be a finalist in their "Best Places to Work" 2010 annual competition. carolinaofficesolutions.com

BLOC-B member **Jeff Lamont**, with ATCOM Business Telecom Solutions, was honored as a winner of the 2010 Movers and Shakers Award on Sept 20th by Business Leader Media.

BLOC-N member **Brian Tarle**, with International Kitchen and Bath, announces that their Lead Designer, Lisa Carlay, has been recognized for outstanding achievement for "2010 Best Special Interior Project" by the North Carolina Association of Homebuilders.

BLOC-U member **J. Gregory Hatcher** announces that Hatcher Law Group has been chosen as the winner of the 2009 Smaller Law Firm Service Award, presented by the NC Bar Association in conjunction with the NCBA Foundation's Public Service Advisory Committee.

BLOC-U member **Kale Gaston**, Regional Developer with Franchise Source Brands International (FSBI) was honored by receiving two awards recently at the FSBI Annual Conference.

BLOC-SP member **Mike Waite**, with Cole's Comfort Contractors, completed the BPI Analyst professional certification program.

BLOC-U member **Rick Spruill** of Allied/ Interior Distributors has been promoted to Branch Manager of the Charlotte office.

BLOC-U member **Scott Donaghy** from Best Integration Technologies, Inc. is happy to share that Ryan Hardy has joined their engineering team. www.bestintech.net

BLOC-U member **Courtney LaLone** has earned the position of Partner at Toler, Bly & Associates, CPA, PLLC (TB&A). Congrats Courtney!

David Pinkley of The Resume Sage, BLOC-U, is now writing job descriptions and job board postings for local and medium-sized businesses that are expanding.

BLOC-U member **Ben Helbein** and the Benjamin Helbein Allstate Agency are being recognized by Charlotte Magazine as a 5-star home and auto insurance professional.

Please submit your high-resolution photos, business-related articles and news releases for publication in the quarterly BLOC Newsletter to [Heathbir McElroy Speet](mailto:Heathbir_McElroy_Speet@bmspeet@dezinz.com) at bmspeet@dezinz.com.

BLOC Newsletter Edited & Designed by DEZINZcreative. Photos by Pam Decker, Anna Smith, Heathbir McElroy Speet, Liz Boarman & Phil Johnson.